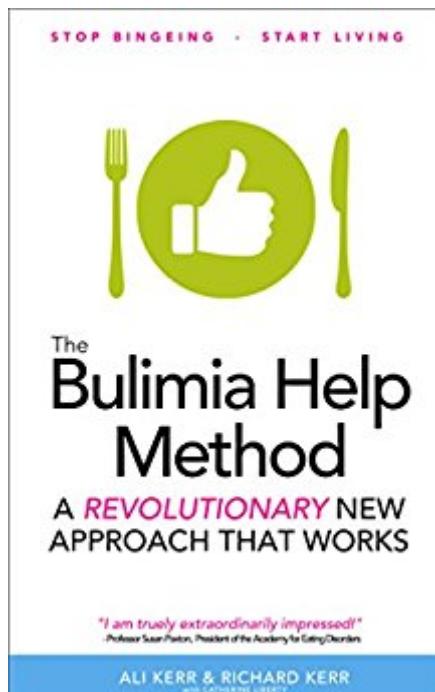


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# The Bulimia Help Method: A Revolutionary New Approach That Works



## Synopsis

You are not broken, weak or faulty because you binge on food. You are normal and more importantly you can fully recover. Let me explain... powerful binge cravings are a natural and normal side effect of food restriction. If you have ever restricted your food intake in your past (e.g. a diet, a detox program, cutting out carbs, etc) then you may have triggered a primitive natural survival mechanism we call "primal hunger". This leads to powerful binge urges, an insatiable appetite, food obsession, depression and anxiety. Your body thinks you are in the middle of a famine and it is doing everything it can to make you eat lots of food. By purging your food, you remain malnourished and your body is stuck in "primal hunger" mode. Keep in mind, this has nothing to do with your upbringing, personality or emotional state. This may come as a surprise but studies show us that many of the symptoms that might have been thought to be specific to bulimia nervosa are actually the results of starvation (Pirke & Ploog, 1987). Chances are, you are perfectly normal and are just experiencing the natural and very normal side effects of a restrictive diet. To recover, you need to remove the "primal hunger" state, you need to teach your body that the famine is over. We give you clear, practical steps to remove your primal hunger, stop bingeing and purging, relearn normal eating and overcome bulimia for life. This book will help you: Make sense of your bulimia, (because believe it or not, bulimia doesn't have to be confusing!) Recover at a pace that suits you by following our step by step guide to recovery. Eliminate binge urges and cravings for life by restoring your body's own natural food regulation system. Establish a pattern of regular meals and snacks while learning strategies to curb urges to overeat. Get back in touch with subtle feelings of hunger and satiety which guide you to relearn what, when and how much you should eat. Overcome the barriers that unhelpful negative thoughts and uncomfortable emotions often create. Boost your self-esteem and general well-being. Effectively deal with relapses and setbacks. Have a normal, peaceful and natural relationship with food even if you never remember a time when eating has been this way. Recover without your weight spiraling out of control. Maintain a healthy weight for life, without ever having to diet or watch what you eat again.

## Book Information

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## Customer Reviews

I love that this book (along with Brain Over Binge) are a viable, helpful alternative to the many books that ask binge eaters & bulimics to spend endless hours in therapy exploring the various reasons for their disorders. This book provides a clear, practical set of steps to recover from binge eating for life, and doesn't ask you to live your entire life feeling like recovery is a battle. It teaches you how to recover completely, but it also doesn't make you think you will do this overnight or that it won't come with its battles. I really liked that each step included FAQs based on their experiences in helping so many people...questions about the bloating, the temporary weight gain, the mental challenges, etc. I was mostly recovered after having read Brain Over Binge, but this took me on the final leg. The reason I give this four stars instead of five is that it has an emphasis, in the latter half of recovery, on Intuitive Eating. I am well versed on intuitive and mindful eating, and have read many books and tried it many times. For me I found it more of a burden than a help to pay so much attention to what I wanted, how full I was, etc. That isn't to say that I have to have a super structured diet or anything. I just think that there are many, many 'normal' eaters who don't eat mindfully or intuitively (which the author says himself at one point). Sometimes you just eat because food tastes good. Sometimes you eat past fullness. Sometimes food is just fuel. And many times you can't have what you want. The normal eaters I know don't actually ask themselves what they really, really want, nor do they think too much about hunger and fullness. I also think our modern food environment is not

conducive for intuitive eating, but that's a subject of another book. So, with the caveat that I followed this and recovered without the help of intuitive eating, I do highly, highly recommend this book. I would also recommend reading it along with/in addition to Brain Over Binge. Both are especially helpful for those of you who have tried recovery in several different ways but it has never worked for you. I'd say this book has a more 'self-help' feel than Brain Over Binge, but I think that's okay because it means that similar messages can get out to different audiences who will be more or less open to one or the other. I am less open to the self help vibe, but I was more open to the messages in this book because I read Brain Over Binge first. This book also has a stronger emphasis on nourishing your body - meaning eating enough food - as an essential condition for recovery. The binge urges will not subside unless you're eating properly, and "properly" means enough calories. Both books tell you that you aren't broken, and don't treat you like you have a disease. For me, that was just what I needed.

I can't tell you when my disordered eating really began because it was a gradual process, but it's safe to say it's been a part of my life since before the age of 16 and I am now 33 (the worst from ages 26-31). I remember when I first started looking into recovery because it was what I thought I should do, not what I wanted to do or was ready to do. I was flat out told at that time that if I didn't really want it, I shouldn't even bother because it was going to be hard and I was clearly not ready for it. I continued with this way of life for a couple more years. I don't know what the final straw was, but I was finally done with my life revolving around this secret. I started researching everything I could get my hands on about the subject. I found the bulimiahelp.org website and applied many of the strategies. It helped me deal with the initial bloating, introduced me to structured eating, and made me feel like recovery was possible. I made progress but I wasn't recovered. There were ups and downs and ideas that didn't help at all and things that helped a little. The progress was gradual. It was so gradual that I didn't really realize I'd made progress. I recently began having a hard time again and I got really down about it. I felt like I'd tried everything and nothing was working. I felt out of options. I felt like there was no solution and this was going to be a monster in my life forever. About this time I got an email that this book was available. I put the thought in the back of my mind and didn't finally bite the bullet and purchase it until the next round of "slipping up." To be honest, there wasn't a lot of information in the book that I hadn't read before. As I've mentioned, I poured over every bit of recovery information I could from the beginning. I appreciated the fact that the information was all in one place and easy to read. I revisited ideas that I had forgotten about in the two years since I discovered BHM. What I think this book really has done for me though is make me

see the tremendous progress I've made. Reading the excerpts of other people's success stories and struggles reminded me of former obsessions that were no longer a problem for me. I've come SO far, and I just didn't realize it until I sat down and read this book. In fact, I was feeling almost hopeless because I thought I'd never recover, when really, I'm in the last stages of the recovery process. I'm not to the finish line yet, but I am now confident that I WILL get there with the help of the strategies presented in this book.

This is a very helpful book. However, it should not entirely replace the help of a qualified therapist or eating disorder specialist. The principles in this book are true- that restricting leads to bingeing and that a major key to bulimia recovery is to follow a structured eating plan. Many sufferers of bulimia do need help with underlying emotional challenges and there is no shame in asking for help from a real live person beyond what this book provides. I do recommend this book to those suffering with bulimia nervosa.

I'm not one to write reviews but on this I HAVE to!! I've battled bulimia for almost 11 yrs. I've tried therapy, meds, and quitting cold turkey. Nothing worked. I felt I was just doomed to live with this my whole life. I ordered the Bulimia Help Method and started reading it immediately. After reading the first few pages I knew this was for me. It's like they wrote this specifically for me. It hooked me and I've been reading it everyday sometimes the same pages over and over just to get a better grasp. Glad to say I'm on my way to recovery. 5 days binge purge free and I know how to work my way through what used to be a binge. I even had a small brownie without purging or feeling guilty. Definitely a great read!!

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